



ASSERTIVE COMMUNITY TREATMENT (ACT)

WHAT IS ACT?

ACT is an intensive treatment designed to help address youth mental health and improve overall functioning in the community. A provider team, which includes a psychiatric provider, therapist, nurse, and care coordinator, offers support 24-hours a day, seven days a week. The team works to reduce barriers to success and strengthen support systems.

WHO IS ELIGIBLE?

Children and youth up to age 21 with [MaineCare](#) (or those under age 19 with MaineCare's [Katie Beckett waiver option](#)) with a mental health diagnosis and a need for intensive treatment to help with challenging behaviors that increase risk of residential or in-patient treatment.

This service requires that youth and their caregivers participate in treatment. ACT hours are determined by clinical need.

HOW DOES ACT HELP?

ACT is based on the unique needs of youth and their families. Treatment is focused on strengths. The ACT team can:

- Connect youth and families to peer support services
- Complete a psychiatric evaluation
- Provide medication management
- Provide individual, family and/or group therapy
- Provide intensive care coordination for youth and families
- Offer and connect youth and families to substance use treatment services
- Help families develop coping skills
- Help youth build skills to regulate their feelings thoughts and behaviors
- Provide crisis stabilization services
- Help families respond to mental health crisis more effectively
- Teach youth coping skills to manage crisis
- Assist youth with vocational support services.
- Prevent or reduce psychiatric hospitalization and/or residential treatment
- Prevent or reduce involvement within the juvenile justice system

HOW TO ACCESS ACT SERVICES

For more information about ACT visit the [Children's Behavioral Health website](#) or scan the QR code.

To find out if you are eligible for ACT, you or your care coordinator or provider can make a referral by calling the agency in your area who offers ACT. To find a ACT provider, click [here](#).

If you do not have [a care coordinator](#), contact the [CBHS Family Information Specialist](#) or a local [Family Support Organization](#) for assistance.

